RECOVERY KERNEL

# PROTOKOLE YO KWIMENYERA: METHEDRONE.

## 4-Methoxymethcathinone (bk-PMMA) — Hashingirwa ku guhuza ibindi bitabaza.

*Iyi mirongo yanditswe kuko kugira ngo ugerage guca umuti uko bikwiriye, bisaba ko usobanukirwa ibintu byose utwaye, ntihisubize gusa ku mutuzo wa methedrone.*

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**⚠ AMAKWIRA YO GUSHINGIRA KU BUTEGURANZE - NTIBIHERA UBUZIMA. | Ibihe by'inzoba: mwitwarize ku mugenzi wa 912 cyangwa usangire umunyamigisha kuri findahelpline.com.**

Cyane gitangirwa iyi gahunda gishobora kuvuga ku byiciro kimwe cy’umushinga umwe kuko iyo ibyorezo byo guhagarika bikunze kuba ku bahanuzi bacye. Methedrone ifite ikintu gikomeye gifatanyije n'ibindi: ubushobozi bwayo bwo kugeraho serotonin ndetse no gukora neza mu buryo buhinduka bw'inyongera y'enzimbe (MAO) bisobanura ko igihe cy'ibyorezo byo guhagarika methedrone, ikigeragezo gikomeye kenshi ntikaba ari ibyorezo byo guhagarika bitewe n'ubwonka bwabyo, ahubwo ni uko hari icyindi gishobora kugira ingaruka mbi ku muntu, cyangwa se yari yaragihaye. Iyi gahunda ireba ko uyu muberehereyo ari we mwihariko, ntikayivugire nk'impamvu z’inyuma.

# Icyiciro 0 - Umutekano Wihariye: Soma Ibi Bwaheraho.

**⚕ UBUMVUNGU BWA MEDIKAL.**

Niba wari warateye methadrone kandi uri ku ngingo z'ibimenyeshamakuru bifatwa nk'ubuvuzi (SSRI), ibimenyeshamakuru bifatwa nk'ubuvuzi bishobora kwangiza ubwonotera (SNRI), imyirondoro y'ubuvuzi ituma umuntu wihagarika (MAOI), tramadol, dextromethorphan, tripatani, St. John's Wort, cyangwa ibindi byimenyeshamakuru cyangwa ibinyobwa bifatwa nk'ubuvuzi byongera ubwonotera — cyangwa niba uri mu gihe gito nyuma yo guhagarika kimwe muri iyi mvugo — dondereho kugira ngo ube umunsi wihariye ku bimenyi by'uko umuntu ashobora kwangirwa no kuba afite ibindi bituma ubwonotera bwiyongera. Ibi bishobora kugaragara mu gihe gito kandi bigenda bihabanye. Hamwe na hamwe, mwitware neza cyangwa ujye kwa muganga: kubura kuvuza, kwangirwa, ukwiyumviza, umutima ushira kare, igipimo gikaze cy'ibindi bituma ubwonotera bwiyongera, amaso akomeze, kuruka byinshi, gutwiha cyangwa kugenda neza, ibihungiro, no kuba ufite umuriro—by’umwihariko hamwe.

### Ubwumvikane bw'ibimenyinya bitatu by'uburwayi bwa serotonini, bigushyikirizwa mu buryo busanzwe:

- Gutakaza ubwenge - guhagaragara, gukomerera, kugira uburahire.
- Kwihagarara ku gipimo kidasanzwe — umutuzo, igahinda, amaraso agenda ubusa, kuruka, ibyondo.
- Ibyo byibura mu myemerere y'imikoresho: kunyeganya, ukubara, gutangira, ibice bishasharara (myoclonus), imimerere ituma amagarondo atanga ingufu zirengeye, kutagira ubushake.

Igihe umuntu yakoreshaga methadone, cyane iyo yashyizwemo izindi kemikaro zinyangamije serotonin, bishobora kuba ikibazo gikomeye. Mugireho uburyo bw'ubutabuzi, nubwire neza ibisubizo byakoreshejwe n'imiti yanyuzwe—iyi nyamakuru ifasha mu kuvura.

**⚠ IBONEKA**

Iyi ngingo itazatanga gahunda y'inyangamugayo yo guhagarika umwanda, gahunda y'agahato gushyiraho, cyangwa ibisobanuro byo kumufasha. Ntihaboneho gahunda nyubahatiyo y’ubuvuzi yo guhagarika umwanda ku uryo murongo, kandi kuko hari ibihemberezo by'interakira byavuzwe muri iyi ngingo, gushaka kugenda ubihagarika ubwawe nta bumenzi bw'abaganga ni bibi cyane kurusha uko bigeze kuri bimwe mu birungo byinshi biri muri iyi gahunda. Iyi ngingo itanga ahubwo umuti wo gufata inkunga y’abaganga kandi ukamenya ibyo umubiri n'ubwonko bwawe bigenda gukora.

# Icyiciro cya 1 — Kuki gukoresha imiti zirengejeho ari ikibazo gikomeye.

### I CENTURIONE – Uburyo Butuma Amaboko Aguruka.

Methedrone ni umuti ukomeye utwitsa na gutangiza serotoni na norepinephrine. Uru rurema rw'umuti rufite kandi ireme nke ry'ubushoboro bwo guhindura izindi mazi (monoamine oxidase inhibitor), ariko ubu bushoboro burava buhita. Ibi byihariye bigyemura ibimenyetso by'uyu muti no kumara uko umuntu wamaze kuwunywa. Uburyo bwo gukoresha methedrone n'ibindi bituma serotoni yiyongera – nk'umuti wo gufasha mu buzima (SSRI cyangwa SNRI), umuti utanga ireme ry'ubushoboro bwo guhindura izindi mazi (MAOI), tramadol, dextromethorphan, triptans, St. John's Wort, cyangwa ibindi bituma serotoni yiyongera – si ukwiyongera gusa, ahubwo ni ukwiyongera gikomeye. Ibi ni nk'ibyo bigaragazwa mu byo gutanga ubuvuzi ku buryo butunganye bw'umuti MDMA n'SSRI, kandi bikiyongeraho ireme ry'ubushoboro bwo guhindura izindi mazi (MAOI) rito ya methedrone, ndetse n'igihe kirekire cy'uko uyu muti urangira mu mubiri, kikomeza kugira iryo bushoboro. icyayi gihagaragara igihe kirenga ibindi byinshi bifitanye isano.

Iyo ni impamvu kuko "polypharmacy" muri iyi gahanda itanga ntihagere kuri ibintu byinshi umuntu yanywa cyangwa agurisha - ahubwo harimo n'imiti yanditsweho, imiti yindi yanditsweho, no gufunga. Iburane ku kumena uko umuntu ashobora kureka methedrone itarahagaragaza neza ibintu byose umuntu afite mu mubiri we, ni iburane bidatanga ubushake bwose, kandi ubu buryo bushobora kugira ingaruka zikomeye.

# Icyiciro cya 2 - Igihe cy'inyandiko y'ivuka.

### THE CENTURION — Kuki iyi itwara igihe kinini kurusha ibindi byiciro bya cathinone.

Igihe cy'uko methedrone itakaza imbaraga mu mubiri (ubushakashatsi bwimikundizo bugaragaza ko biba hagati y'umunsi umwe) ni kinini cyane ugereranyije na mephedrone cyangwa methylone. Ibi bisobanura ko ibyiyongera by'ingenzi n'igihe cyo guhagarara kuva kuri iyo ngendero (withdrawal) biba bumaze igihe kirenga, kandi bikemerwa buvuga ko ari bumaze igihe butazwi ugereranyije n'ibindi bitabaza (cathinones) byitwara vuba.

| Igihe. | Fenêtre ya bensanzwe. | Ntacyo cyabaye. |
|---|---|---|
| Kwihanagurwa kwinshi. | Iminitsi 12-48 nyuma y'uko umuntu | Uburorire, guhagarara, no gushira – bishobora kubera igihe kirenga ibindi |

| Igihe. | Fenêtre ya bensanzwe. | Ntacyo cyabaye. |
|---|---|---|
| | yakoresheje. | bitanga ingufu byoroheye kuko bifite ubuzima bugari. |
| Kwerekana vuba. | Hari kuva ku munsi wa 2 kugeza ku munsi wa 10. | Ubwiryane, kutagira ibyishimiro, guhinduka mu buryo bw'umutuzo, ubwoba, guhinduka mu kurya— kandi akenshi bigaragazwa n'ibimenyetso by'ubujiji no kwangirika. |
| Kwiyongera. | Ibwihebe 2-6. | Kwiyongera buvuga buvuga bwo gufata ibyo kurya no kwiruka; imimerere y'umutima irakomeza kuba iteye uburare. |
| PAWS | Kwinshi cy'ukwezi 1-12. | Ubwiryane bwinshi buhagaze gato, ubwihangayitse bw'ubumuntu, n'ubushake bwo gukora ibintu kuko amasistemu ya serotonini na dopamine akomeza kwongera. |

# Icyiciro cya 3 — Ese igihe kigira uko ibintu byongera kuba nk'uko bari.

Mu gihe umuntu yakoresha ibintu by'umwihariko cyangwa mu buryo bwo gukora ubushakashatsi, abantu benshi babona ko ibimenyetso by'ubwahererezo biramuka mu minsi itanu kugeza mirongo itatu. Mu gihe umuntu yakoresha izi mvura ku buryo bugezeho cyangwa buronderewe, igihe cyo gufata neza - aho imimerere y'umwihangira, kurara, no gushakisha biba byinshi mu buryo butunguranye hagati y'igihe cyiza - ni hagati y'ibyuminsi 4 kugeza ibyuminsi 120, kandi hashobora kuba igihe cy'ibimenyetso by'ubwahererezo bigaragara kuva ukwezi kumwe kugeza umwaka. Niba hari imiti itanga ubushake yo gufasha umuntu, igihe cyo kugira ubumenyi bwo ko umuntu yagize amahoro nacyo bitewe no uko icyo kibazo cy'imiti gishobora gukemurwa (Ingingo ya 6) - kandi ni wo mwenda wanduye utuma udatanga umwanzuro nta muganga.

**KWAGIRA UWO YUMVYE.**

Niba umunsi umwe cyangwa ibyuminsi bibiri byatangiye kandi ukihangayitse, bitari ikimenyetso cy'uko urungano rwawe rudatanga imyanya. Umushinga ushobora kugira ingaruka zirengeye ku serotonin, kandi uguhagarara igihe kirekire, bigateza umwanzuro w'ubwonotewe gukora akazi kinini. Ibi bimenyetso byo kuba hari ibindi, bidatanga ikimenyetso cy'uko hari icyo gitakize.

# Icyiciro cya 4 — Ibyo Uzigira Isobanuro Ko Ushobora Kugereraho.

- Uburyo bwo guhagarika umwanda butanga ububasha buke kandi bugorobye cyane kurusha uko umushinga wa dopamine gusa utuma umuntu agira ibibazo, kandi by'umwihariko bitera uburare. Ibi birebana n'uburyo serotoni imenyerewe gutwara ikintu.
- Ibyorezo by'umutuzo bishobora kuba bibi cyangwa se umuntu ashobora guhangara cyane n'ibitekerezo bitangaje cyangwa ibyo yumva mu mwihano, kuko ubushobozi bwo gukora serotoni bugenda butera imbere.

- Ibyinshi by'umutuzo cyangwa ubangamire bishobora kugaragara, kandi bigendere ku byo birebana n'ibintu by'ibanze birimo. Ibi bimenyerezwa nk'imyirondoro ya PAWS, bidatanga ibimenyetso by'ubuzima bushya.
- Niba wakoreshaga ibindi bitabwa mu ruhago (rebere Icyiciro cya 6), kwitaba methedrone bishobora kuba intambwe ikomeye, kandi byakwiyandikira nk'ibimenyetso byo gutanga umubiri cyangwa ibyemerera kuva ku bitabwa mu ruhago bisanzwe. Iyo ni imwe mu mpamvu ziterana ubushake bwo gukora urugendo rw'ubuvuzi hamwe, kuko ari ngombwa kurusha uko bigenda mu mwimerere y’umuntu utanga umubiri ku bitabwa mu ruhago kimwe.

# Icyiciro cya 5 - Ibisigazeti by'Ubwongereza.

| Jene / Ububiko | Nonese. |
|---|---|
| CYP2D6 | Abantu batagira ubushobozi bwo gukora ibintu by'umvamyaro (metabolism) bakoresha methedrone n'ibindi biturika byayo buvuga ko baguma igihe kirenga cyo kugira ingaruka zivuye ku serotone na za MAOI, kandi iyi ngaruka zigera rimwe na rimwe zishobora gukurikira igihe kinini nyuma yo guhagarika gukoresha iyo ntangamubiri, ugereranyije n'igihe cyohererye. |
| SLC6A4 (5-HTTLPR) | Iyi mpamvu irebura ukubura kw'iserotonini ndetse n'ubushake bw'umuntu ku cyorezo cya serotoni. Ibi bintu byombi bigomba kuganirwa hamwe kuko byagira ingaruka. |
| MAOA (uVNTR) | Ibijyanye n'ubushobozi bwa mbere bw'amategeko ya monoamine (monoamine oxidase) bigereranyanya uko umwuka ushobora kwongerwa serotonin, bitewe n'igiciro cy'ibintu bya methedrone cyangwa ibindi bifashishwa hamwe. |
| COMT (Val158Met) | Iguhagarika ibice byo mu bwonka byerekeye umuvuduko kandi rigena uko ubwoko bw'ubushake buheruka bugomba kuba - hamwe n'inyandiko zifatirwa nk'igiteganyo, Umwirikagiro wa 6. |

**⚠ IBONEKA**

Niba wamenya uko umubiri wawe ushanduka ibimenyiste CYP2D6 kandi uri mu cyiciro cy'abantu batashobora gushakira neza cyangwa abafite ubushobozi buke, nubwire neza muganga urimo gufasha kuguma nta bimena bitagomba, cyangwa uwo muganga usuzumye imiti yawe—kuko ibyo byatandukanya igihe umuntu ashobora gukurikiza.

# Ingabire ya 6 — Gukoresha Imiti Ebyiri cyangwa Zinyampe: Uburyo Buhinduye Ibyo Byose.

Iyi ngingo ni impamvu ituma iri gitabo gihinduka umufasha, aho kuba igice cy'ingenzi mu butumire bugize ibindi bitabo byo kwirinda. Buri irihembano ruri hano rigomba guhindura uko ushobora kurenga icyiciro cyo gutakaza imiti.

## 6.1 — Imirongo itangawe, imishinga ya SNRIs, cyangwa ibindi byatumye bituma umuntu adakunze.

**⚠ IBONEKA**

Iyo usanzwe ukoresha imiti itangaza (antidepressant) kandi ukoresha kandi methedrone, ntukore icyemezo gihamye ku nderimwe muri iyo miti. Kureka methedrone burundu ni kimwe; kureka cyangwa guhindura dosage y'umuti utanga ibimenyiste by'ubuzima (antidepressant) ni ikindi, kandi bifite ingaruka zabyo bwite. Kugira iyo mpinduko ebyiri mw’ihema, nta ko umuganga abigenera gahunda, ni bwo abantu bashobora kugira ibibazo by'inyifasi (serotonergic) bidafashijwe cyangwa ingaruka zivuka no kureka umuti utanga ibimenyiste by'ubuzima (antidepressant), bigatangwa ku butaka bw'uguhagarika methedrone.

Ibigikorwa byo kwitanga iby'umutekano ni ukubwira muganga wawe ko wari warimye methedrone, kandi uti neza igihe wahise wirimbaga. Byenda kuba bigoranye kuvuga iki, ariko biba ari amahirwe y’informasiyo umuganga wawe agomba kugira kugira ngo akuremshize mu buryo bwumvikane n'imiti yawe muri uwo mwanya - harimo no kureba niba hari icyabura cyangwa igihe gishobora gutangwa mbere yo kubanza gusubiza ku miti itanga serotonin.

## 6.2 — Izindi Itabaza cyangwa Amakinyamitwiza (Mu Igihe cyo Gukoresha Imiti mu Banyamuneza no Mu Bice By'Ibintu Byinshi).

Methedrone aherindweho na zimwe izindi, nk'ibindi bitabaza (cathinones), methamphetamine, cyangwa GHB, mu birori cyangwa ahantu hatandukayo. Ibyo bitabaza buri bumwe byongera ingorane ku mutima no kwihangayika, ndetse n'izindi ngorane zivuye ku serotone, nta ko bigaragazwa hano hejuru. Niba iri ntambara igusobanura, ibitekerezo byo guhuza methedrone n'ibindi bitabaza bifite inshinga zikomeye. Ibyiyumvikanwa bya Recovery Kernel ku kwirinda methamphetamine na GHB mu gitabo cyo gutanga amashyirahamwe y’iyi gahunda, bigerageza kugira uruhare rwiza mu gukurikirana ibyo bitabaza by'umwihariko. - SOMA igitabo gikurikiranwa n'iki, aho gufata methedrone nk'ikintu cyonyine gituma ukwirinda.

## 6.3 — Itabi n'imiti y'ubuzima ya Benzodiazepine.

Gukoresha ibinyobwa cyangwa imiti itera uburumbuzi (benzodiazepines) yoshobora guhishiriza ibimenyetso byo gutangira kurenganywa cyangwa ibimenyetso by'ingorane ziterwa n'amaseroni, bigatuma umuntu atabona igihe vuba ko hari ikibazo. Niba urimo gukoresha kimwe muri iyi miti, hamwe na methedrone, nubwire neza muganga uwo ushobora kukugira inama. Kwitwika ku miti itera uburumbuzi (benzodiazepines) bifite ingorane zabyo bwite, kandi bisanzwe birangwa n'igihe cyo kurenganywa, ntibishobore gushingiraho mu gihe umuntu arenganywa methedrone. Reba inshuti "Ibijyanye no Kurenganywa ku Miti Itera Uburumbuzi (Benzodiazepines)" yo muri iyi gahunda niba byakwemerana.

## 6.4 — Inhibiteurs de la monoamine oxydase (prescrits ou non).

**⚠ UBUMVUGIZO BWA MEDISINI**

GUKORANA IMETHEDRONE N'IMIRINGA YITUMA UYIFITE (NKUMIRA PHENELZINE, TRANYLCYPROMINE, CYANE SELEGILINE) NI IKIGENGE CYIZA CYANE KIKABA GISHOBORA KUBUZA UBUTUNGANDUKIRE. IGIHE CYO, NTAWUNO UWUZA UYU MUHINDUZI, KWITABIRA INAMA ZI, CYANGWA GUSHYIRAHANA UKWITEGURA WITE. HAMWE NAHO, USABA UMUGANI WA WE YAGUTANZE IYONGERERA, MUBIMORE KUGENZURWA, CYANE GIKOZE N'UMUGANI MU BWIHERERO BUKE NTAGIHINDUKA, UKO IBINTU BYAZANA.

# Icyiciro cya 7 — Gukoresha Uburyo bwo Guhuza.

Ibyo ngombwa kugira ngo ushatire umuntu ibiyobyobyo bya methadone mu buryo bwihariye bishoborwa n'uburyo umuntu yari yarabinyoyeho - si buri ntambwe ituma gukenera ubuvuzi bungana, ariko ibisigazwa bisobanurwa mu Cyici cya 6 birashobora guhinduka bitewe n'uko byakozwe.

| Iki cyerezo. | Pattern | Ibi bivuga byo muri iyi porogaramu: |
|---|---|---|
| 1 — Ibyishobor wa. | Ubwifasha bwa serotone. | Dushoborwe na muganga, hanyuma hasuzumirwe ibimenyetso byo mu mubiri. Iyo bidahindutse, amagararano yo gufasha gukira (Recovery Guide) agaragaza uko umubiri wagenda wiyongera. |
| 2 — Igihe gitoranyijw e. | Gukoresha amasaha make mu buryo bwo kuruhuka, cyane igihe abantu batumbagiye cyangwa bigiye ku muhango. | Same as above, with closer attention to Section 6 if any co-used substances are part of the pattern |
| 3 — Nkeneri/Kur enga ibuzima | Imyemerere y'uko gukora ibintu byakozwe cyane mu gihe gishize, cyangwa ko zifite ingaruka zirenze izo zakagendaga. | Ubuvuguzi buhamagariwe mbere yo guhagarika, cyane cyane kugira ngo arebe ibindi bya buri gihe umuntu yifashisha. |
| 4 — Kurengwa / Gukoresha imiti ebyiri cyangwa zirengeje. | Gukoresha cyane, kandi akenshi hamwe n'izindi mvura, GHB, cyangwa imiti itangiza serotonin. | Ubuvuguzi buhagije si icyifuzo, ahubwo ni ikiguzi. Ntihagire ugitangaza gahini cy'ibintu bitandukanye mu gihe kimwe udengeje umuganga. |

# Icyiciro cya 8 - Ibyakorwa mu Kwivuza no Gukira.

Iyi ngingo yubashije kukugira ubufasha, cyangwa umuntu ushyigikijwe na we, kugira ngo wigaragaze neza kandi ugatoreze serivisi z’ubuvuzi byifuzwa. Ntihabaho imiti ifite icyizere cy'ishyirahamwe ry'Amerika (FDA) rishobora gufasha mu kwitaba ibiyobyobyo bifatwa nk'imiti (methadrone) cyangwa amagambo y’ubusaruro bwo gukora ibintu (synthetic cathinones), kandi – nk'ibindi bibyobozi, nk'amazi cyangwa intokomoki – nta nshinga zigaragazwa ku buryo bumvikanye zo guhuza abantu mu kwitaba ibiyobyobyo bifatwa nk'imiti. Ibyo bituma isobanuro ryuzuye umuganga ku byose bimwe na rimwe birimo muri wewe (Ingingo ya 6) ni icyiciro cy’ingenzi gikomeye kugira ngo hagumane gahunda yo kwirinda ibyago ikwiriye.

**⚠ IBONERWA**

Iyi ngingo ntizagufasha kumenya dosi z'ibimenyiste byakoreshwaga, igihe cyo kuzifunga, n'uburyo bwo kuzikoresha ku bijogjoga cyangwa ibindi bitabaza byifashishwa kugira ngo ugerageze guhagarika gukoresha methedrone. Iyo ariko ni icyiciro hagati y'uko "umushinga ushoborwa" n'uko "igihe kiri kugiye, ushobora kubikora ubwawe kandi utifuje umuntu." Aha ndimo abantu bagira ibibazo. Umuganga cyangwa umwiteguririzi w'ubuvuzi bwo guhuza imiryango, ukoresha urutonde rwakoze neza rwa medicine wakoreshaga n'amateka yawe y'ubuzima, ni we ufite ubushobozi bwo kuguha amakuru akomeye.

### Ibyo ushobora kwitwara muri iyo nshyikirizo:

- Igitabo cy'ibyiciro byose byafashwe - ibyemwa, ibindi ushobora kugura utagombwa kwirengagira, n'ibindi bifatwa mu buryo butemererwa - hamwe n'igihe gishoboka cy'umwanya wo gufata buri kimwe.
- Iyi ngingo ya 5 y'iyi gahanda igaragaza uko ushobora kwerekeza ku bushakashatsi bw'ubuzima (genetic), ukoresheje ibimenyetso by'ibizabereyeho.
- Ibyo ugiye gushyira ahagaragara:

  * Ibihembo by'ubwiza
  * Imyanya y'ibiciro bitandukanye
  * Amakuru y'abantu bazajya bafatwa mu rushinga
  * Inshuti z'umuryango
  * Abagabo n'abagore bagaragaza ubushake bw'imihigo
  * Ibyapa by'amashusho y'ibintu bitandukanye
  * Ibitekerezo byo gushyira hamwe
  * Imikino itanga ibihembo
  * Uburyo bwo kwiyegurura
  * Amakuru y'abantu bazajya bafatwa mu rushinga
  * Ibyapa by'amashusho y'ibintu bitandukanye
  * Ibitekerezo byo gushyira hamwe
  * Imikino itanga ibihembo
  * Uburyo bwo kwiyegurura

  Izi ntangiriro zose zishobora guhinduka.
- Ndashobora guhindura ibitekerezo byanjye cyangwa imikorwa yanjye.

## Icyiciro cya 9 - Ibyakorwa Nyuma y'Ubworoherane (Inyuma y'Ubuvumbuzi).

Iyi ngingo itangira nyuma yo gukemura ibibazo bya kimwezo byaba bifite ububi (Ingingo ya 0), kandi, igihe bisanzwe bikorwa, umuganga arebye neza imiti yose n'ibyindi bitumvikana ufite.

### Levelo 1 — Isoko y'ubuzima.

- 5-MTHF (folate ihuza) – ifasha mu gukora ibimenyetso by'ubwonotewe, kandi bifite uruhare runini mu myiharuro y'imikoresherezo.
- Magnesium glycinate – ifasha gufungura neza kandi kugabana neza imirimo y'ubwonotewe; ifite ibyago bike byo gushinga akaga.
- Omega-3 (EPA/DHA) – ifungiro yo gufasha umwuka wa ubwonotsi, kandi ifite ireme ryemejweho neza.
- Kwiyumviza kw'intambura n'igihe cyo kurya kigaragara buri gihe – bifasha mu gukora ibimenyinya by'ubwonotewe no kuguma mu mwihano w'isukari, kandi byombi bibimariye ubuzima bw'umuntu mu gihe yishakira kuvuka.

### Umushingira wa kabiri — Gushyikirwa amasogomezamwo mu byubuzane n'imibereho.

Amafaranga y'ibimenyiste byose, harimo no kwiyongera cyangwa gusubira mu bimenyiste bya antidepresseur, cyangwa niba umugore ufite ikimenyiste gishobora kurebwa, bigomba kuba ari icyemezo cy’umuganga, nk'uko bisobanurwe muri Section 8, bidatanga amahirwe yo kwiyongera. Iyi gahunda yateguwe mu buryo hose kugira ngo itegeke ibyo umuntu ashobora gukora ateganyije, kuko hari byinshi byatanga ingorane, nk'ibyo twavuga muri iyi porogaramu yose.

### Levelo ya 3 — Kugenga Ubwonotewe bw'umwijima.

- Gukora imyitozo y'umuhire buri munsi - si icyifuzo, ahubwo ni ikintu ngombwa kubera igihe kinini kigaragazwa mu Cyandiko cya Kabiri.
- Gukora imyitozo y'ubuzima uko ushoboye, hanyuma ukayizamura buvuye bwije, bifasha kurengera neza serozi zombi za dopamine na serotonin.
- Gukora gahunda y'amasaha yo kurara no gutembera ituma umubiri kugira akamaro, ndetse n'igihe ubuzima bwawe butaragera ku mwiharuro ukwishimiye.
- Ibigorane by'ubuziranenge n'amagararano - kwiyandikisha no gushyira ibanga ku bijyanye n'imyemerere y'imiti nyinshi ni ibintu bigateza ingorane, bidatanga icyiciro cy'ibisubizo gusa.

## Icyiciro cya 10 - Gushakira Ibihe By'Ubwiza, Bishyizweho Neza.

**UBUMVUGIZO BWA MEDISINI.**

IJye kuri serivisi z'ubuvuzi bw'ubwa mbere (emergency department) mu buryo buhoraho kandi bukagombye: ubushyuhe cyangwa akanyaburane, igihanga gikora vuba, umwiharuro mwinshi, amaso meza, umwongozwa winini, imyanya y'umubiri itangira cyangwa kugenda, ibiza, no guhunga – byose hamwe, kandi cyane cyane iyo hari icyarimwe cy'ifungurura ubwonotewe (serotonergic) cyangwa ikindi kinyabuzi gishobora gutanga ingaruka nk'izo. Ibi bishyirwa mu bikorwa muri rusange n’igihe cyo gukoresha methedrone, kandi kuva igihe cy'amatora amaze kugira ngo hagereho ibyumvikana, kuko methedrone ifata iminsi myinshi kugira ngo itabwe.

Ku birebana no kuba umuntu afite ubwoba, akagomera, n’ibindi bintu bituma atarara neza, kandi bidafite bimwe muri byo byakozwe hejuru – ibi ni ibintu bisanzwe kandi bigomba kugenda uko bivugwa mu buryo bw'igihe (timeline) mu Icyiciro cya 2. Mu gihe cyo gukoresha methedrone, ushobora kwitaba muganga, ariko si ikibazo gikomeye cyane gituma ugomba kujya kuri serivisi z'ubuvuzi bw'ubwa mbere.

## Icyiciro cya 11 — Itabare ry'uburyo bwose bwo gukora.

| Ibi bishobora kwerekeye kuri wewe. | Reba. |
|---|---|
| Ibyo bituma umuntu gukira ubuziranenge bwa methadone, ibimenyetso by'ubuziranenge, no kuba hariho imyemerero itandukanye y'ubuziranenge. | Recovery Kernel — Ibindi by'ukugira ubuvuzi bw'umutanga wa methedrone (igihembwe). |

| Ibi bishobora kwerekeye kuri wewe. | Reba. |
| --- | --- |
| *   **Uburyo bw'imikemure:** Ibirungo by'umwani (enzymes) bifasha mu gukemura ibirungo bya methadone mu mubiri.<br>*   **Ibyimenyetso by'ubuziranenge:** Guhagarika methadone butanga imimerero itandukanye, harimo guhumeka, umugongo, no kutabyaza amahoro.<br>*   **Imyemerero y'ubuziranenge:** Hariho imyemerero itandukanye y'ubuziranenge, kandi uburyo bwiza bwo gukira ubuziranenge ni uguha umuntu amasaha yo guhagarika methadone mu gihe cy'amahirwe.<br><br>Hari ibindi byinshi byo kwigiraho ku birebana n'ubuziranenge bwa methadone, harimo:<br><br>*   **Recovery Kernel:** Iyi gahunda ifasha abantu gukira ubuziranenge.<br>*   **Naloxone:** Iyi ngabire ituma umuntu wubatse methadone agumane.<br>*   **COMT, DRD2, MTHFR:** Izi nshinga z'ibimenyetso zishobora kugira uruhare mu buryo umuntu yifuzwa na methadone.<br>*   **Blueprint:** Uburyo bwo gukiza ubuziranenge.<br>*   **findahelpline.com:** Umuduga wo gufasha abantu kwiga ku byo gutaha ubuziranenge. | |
| Gukoresha ibiyobyobye by'umwiharuro hamwe n'ibindi. | Recovery Kernel - Ibyiciro byo guhagarika: Methamphetamine. |
| Gukoresha hamwe ibinyobwa GHB, GBL, na 1,4-BD. | Recovery Kernel - Iminarwa y'inyandiko: GHB. |
| Gukoresha imidende ya benzodiazepine hamwe n'imiti yo gufasha. | Recovery Kernel — Kwemeza Ubuvugizi: Imiti itanga umutekano (Benzodiazepines) |
| Gusubirira imyuka. | Compendium Ikuru - Protocole 09, Ibuye by'Uburyo. |
| Gusubiramo ibikorwa by'ubuhanga / kugabanyiriza ubwumvikane. | Compendium Nyiganbo - Protocole 05 |
| Igitari cyo guhindura ibintu by'ubuziranenge mu buryo buhoraho. | Compendium y'inyandiko - Protocole ya 28 (C-28) |

# Icyiciro cya 12 - Gusoza.

### UBUKERERWA

Ibyo bitandukanya ukugira neza kw'inyangamvugo ya methedrone n'ibindi byinshi mu iyi gahunda si uko guhagarika kunyanga ku gipimo kizasaza bishobora kuba bikomeye cyane, ahubwo ni uko kugira ngo ubihagarike neza bisaba ibiganiro by'ukuri no kwirinda gusobanura ibintu byose birimo mu mubiri wawe, ibintu vyose vyaratanzwe canke bidahereye. Ibiganiro nkibi bishobora kuba bigoye cyane. Ni kandi igikoresho gikomeye gishobora kukugira neza. Umuganga ufise amakuru y'ibintu vyose ashobora kukufasha kuguma umunege muri iyi

ntambwe. Umuganga utazi ibintu vyose atazoshobora kukugira neza, si kuko adashoboye, ahubwo kuko amakuru agomba guhindura gahunda yaba atarimwo. muri bo kugeza ubu.

IKIZA CYO GUKOMEZA KUGURA IMITINDA - METHEDRONE.

Ibyiciro byo gufasha kugabanya ibyago - Si inama y'abaganga - Si ikimenyetso cy'ubuvuzi bwihutishijwe.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357